

FAQS

Q: What Is Microdermabrasion?

A: Microdermabrasion is an effective, non-surgical way to get rid of acne scars, fine wrinkles and sun spots by exfoliating the top layers of the skin. No chemicals or laser beams are used, only aluminum oxide micro crystals that gently sand the skin, leaving it smooth and fresh. Microdermabrasion also stimulates collagen production by using a vacuum, helping your skin repair itself faster than normal. It removes the top layer of dead skin which stands as a barrier to the penetration of cell renewal lotions and serums. Once the barrier is removed and the vacuum can bring the blood flow and collagen to the surface of the skin, the treatment lotions and serums are significantly more effective in aiding cell rejuvenation and healing.

Q: What Does Microdermabrasion Involve?

A: For a proper microdermabrasion treatment, you must cleanse the skin and wait for it to completely dry. The aluminum oxide micro crystal on the spinning disc is pressed against the skin with the cap flush to the skin. Suction vacuums the dead skin cells away into the filter. You slowly move the tool across your entire face, not just on treated areas, so that you don't experience inconsistency in skin texture or color. After your microdermabrasion treatment, you apply your toner and a soothing cell renewal lotion or serum. Make sure you use sun block daily during the treatment intervals. This will allow you to go back to your daily routine immediately after treatment.

Q: How Long Will Each Disc Last?

A: Depending on what kind of pressure you apply and for what period of time will determine how long the disc will last. For a typical treatment of approximately ten minutes, each disc should last three to four treatments.

Q: What Topical Treatments Should I Use In Conjunction With Microdermabrasion?

A: Always use a good cleanser, toner, and cell renewal serum or cream as part of the treatment. If your cleanser is pH balanced you will not need a toner. There are many good products that will work by several manufactures. We especially like the M2 Products by MCK Labs. Consult your skin expert or do some homework on the internet to learn what would be best for your skin. Use your cell renewal lotion immediately after the treatment and every day, both morning and night in between each treatment.

Q: What Is The Difference Between Microdermabrasion and Dermabrasion?

A: Dermabrasion is a mechanical procedure that uses a power driver hand-held device to remove the top layers of the skin. It may need general or a local anesthetic, depending on the treated area.

Dermabrasion lasts between a few minutes and two hours, depending on the depth and area of the skin resurfacing. After dermabrasion treatment, the skin is red, swollen and extremely sensitive for about 10 days. Dermabrasion can offer visible improvement by treating deep wrinkles, scars, and hyperpigmentation. Microdermabrasion is much less invasive. It can be performed in a beauty center, doctor's office or at home, using a personal home microdermabrasion kit. A doctor uses a sandblaster-like hand-held device to spray and circulate high pressure flow of aluminum oxide crystals onto the skin. The home unit uses a spinning disc that is not nearly as messy.

Q: Is Aluminum Oxide Safe?

A: Aluminum oxide crystals are perfectly safe and non-toxic if ingested. They don't cause adverse skin reactions and are not carcinogenic. The crystals placed on each disc should not come off in a form that will cause any irritation and or risk.

Q: Where Is Microdermabrasion Usually Performed?

A: Microdermabrasion is available in cosmetic centers, spas, dermatology clinics, or at home by using a home microdermabrasion kit. You should test your skin type to see how the PMD Personal Microderm system affects your skin type before choosing the disc coarseness for you.

Q: What Are The Disc Types And What Is Best For Me?

A: The blue disc is for softer, more sensitive skin. The green is a little more aggressive and is good for trouble spots and normal skin types. The red is the most coarse disc for tougher skin, aggressive treatments, or trouble spots. This red disc is used mostly by professionals and estheticians. Once you have used the tool four to five times and you feel comfortable with the procedure, the red disc is the disc of choice, unless your skin is sensitive.

Q: Who Can Perform Microdermabrasion?

A: Microdermabrasion used to be performed only by trained plastic surgeons. Many dermatologists and beauty specialists, however, are now specially trained to perform microdermabrasion. A home microdermabrasion kit allows you to perform microdermabrasion treatment at home, on yourself. Simply follow the instructions that come with the microdermabrasion kit carefully. Just like any well made tool the PMD is safe and very effective if you follow the instructions and learn how to best use the tool.

Q: How Much Time Does Microdermabrasion Require?

A: Home microdermabrasion takes approximately ten minutes for your face, including the pre-treatment cleansing and post-treatment cream application. A typical office visit microdermabrasion facial treatment takes between 20 and 30 minutes. However, if you want your neck or other parts of the body treated, it takes much longer.

Q: Is Microdermabrasion Suitable For Me?

A: If the goal is to get rid of superficial blemishes, blotchy skin, large pores, reduce the appearance of brown spots, fine wrinkles or uneven skin tone and texture, you are a perfect candidate for microdermabrasion. All skin types and colors can be treated with microdermabrasion. But before you go ahead, pay careful attention to your medical history or any skin issues that you have because there are conditions which may make microdermabrasion unsuitable for you, including any conditions that create ultra sensitive skin.

Q: What Can Microdermabrasion Do For Me?

A: Microdermabrasion can reduce fine lines and wrinkles, reduce the appearance of facial blemishes, evens skin tone, diminishes the appearance of white and black heads, minimizes large pores and revitalizes dull skin. Microdermabrasion helps skin regeneration by increasing its elasticity and collagen production. The skin looks fresh and feels smooth as soon as treatment is over. With microdermaabrasion, there is no recovery time and little to no discomfort.

Q: How Many Microdermabrasion Treatments Are Required?

A: We recommend eight to twelve treatments depending on the skin issue you are treating. You will become very familiar with how this tool works on your skin the more you use it. Be careful not to over treat your skin. Your dermatologist can give you a rough idea of the number of microdermabrasions needed for best results. Major changes are obvious after the fifth session, even though most patients say they observed improvements after the first two. Most doctors suggest eight to ten microdermabrasion treatments, scheduled around one to two weeks apart, so the skin has time to recover between sessions. After the recommended number of sessions, you may treat yourself once every month, to maintain the effects.

Q: Will I Experience Any Discomfort During Treatment? Does It Hurt?

A: Microdermabrasion treatment is normally painless. Some patients have reported some itchiness or stinging when micro crystals came in contact with their skin. You may feel some discomfort around the eyes, but as microdermabrasion treatment continues, your skin gets used to it. It feels

like the mild facial massage from a special wand. Your face may appear a little pinkish in the first 24 hours, but you should not experience any itchiness or pain. Do not hover in one place too long so as to create a scab.

Q: How Do I Prepare For Microdermabrasion?

A: One of the advantages of microdermabrasion is minimum pre-treatment needed. Make sure your skin is clean of all makeup, oils and dirt. It must be dry as well.

Q: When Do Microdermabrasion Results Become Visible?

A: That depends on your skin. Many patients reported changes after the first treatment. Your skin will look cleaner and healthier after a few microdermabrasion treatments, but major changes (like reduction of wrinkles and scars) should become visible after five treatments.

Q: Are There Maintenance Treatments After Microdermabrasion?

A: After a complete series of microdermabrasion treatments, you may want to keep your skin looking smooth and youthful by maintaining treatments once a month.

Q: What Should I Expect After Treatment?

A: You will need to use a moisturizer with sunscreen after microdermabrasion, to avoid sun damage. Some redness might occur on treated areas, but they generally disappear after a few hours. During the first 24 hours, your skin may feel dry, similar to effects of a mild wind or sun burn. Use lots of moisturizer during the first few days. Avoid excessive sun exposure during the entire treatment process, don't use any peeling products for the next three to four days and avoid full-face makeup (liquid foundation or pressed powder).

Q: Are There Any Microdermabrasion Contraindications?

A: Microdermabrasion is not recommended to keratosis sufferers, people with undiagnosed lesions, active rosacea or acne, weeping acne (stages 3 to 4), diabetes, auto-immune disorders, fragile capillaries, eczema, dermatitis, psoriasis or lupus. Recent laser surgery or Accutane acne treatment may also be sound reasons for your doctor not to recommend microdermabrasion. Discuss your medical history with your doctor if unsure.

Q: Are There Any Risks Involved?

A: Microdermabrasion is virtually risk-free. It is non-invasive and mild, so you have nothing to worry about. If you follow the directions and use this tool according to protocols listed you should have little to no risk. Just like any other tool that you may use at home, the risk will come if you misuse the tool.

Q: What If I Find That My Skin Becomes Dry And Flaky The Second Day After The Treatment?

A: This does happen on some skin types. Keep applying the cell renewal creams for three to four days and the flaky, dry skin should go away revealing new soft and vibrant skin. This is part of the process that microdermabrasion induces to the natural skin. If the flaky, dry skin does not heal after six days please stop using the tool.

Q: Is Microdermabrasion Helpful In Treating Blackheads, Whiteheads, & Acne?

6/19/2010 By: Greenwich Medical Skincare and Laser Spa | Serving all of Fairfield County Old Greenwich, CT Microdermabrasion is a superb tool in managing acne. However, it is only part of a system strategy in fighting existing acne lesions and future breakouts. It is extremely important to be using the correct "corrective" products for your type of acne, as well as eliminating products which could potentially be clogging your pores, anything from your foundation to your shampoo. This is why it is so important to have a professional assess all these points in an initial consultation, and, at that time, come up with an overall plan. Depending on your grade of acne, lifestyle, and other issues, which all come into play; they will recommend the best strategy utilizing professional tools such as microdermabrasion.

Q: Can Makeup Be Applied After Treatments?

By: Eppler Plastic Surgery/Ology Medical Spas | Barry L. Eppler, MD, DMD Carmel, IN
Microdermabrasion treatments do not penetrate the top epithelial layer of the skin and remove only dead skin cells. It does not expose the underlying or the 'live' part of the skin. As a result, microdermabrasion does not create an open wound and no real healing is needed. Therefore, you can apply cosmetics within 24 hours of a treatment.

Q: Does Microdermabrasion Work For Stretch Marks?

4/20/2010 By: Aspen Medical Aesthetics and Laser Clinic | Dr Chris Knuth Mequon, WI There may be some benefit from microdermabrasion for stretch marks but it will not be great. Mid-infrared lasers and some skin tightening devices may be helpful as well. In my opinion, the best treatment for stretch marks has not been discovered yet. Strivectin may also be helpful.

Q: What Can't Microdermabrasion Do?

A: Microdermabrasion can not cure severe scarring or deeply spotted areas on your face and body. Microdermabrasion works well at the very top layer of the skin. It cannot reconstruct the epidermis like laser surgery or dermabrasion treatment can. Don't expect microdermabrasion to remove tattoos, make darker pigmented areas disappear or treat severe burn scars.